

## Be prepared! Stop germs at home, work and school.

The power to stay healthy and combat H1N1 (Swine) Flu is literally in our hands. Hand washing and covering our mouths when we sneeze or cough can help prevent the spread of seasonal and pandemic flu. Read this brochure and share this information with your family and friends. Together, we can be as prepared as possible for this flu season. Please contact your public health professionals if you have questions or concerns.



### For more information:

- Visit: [www.flu.gov](http://www.flu.gov)
- CT Flu Hotline: 1-800-830-9426
- [www.ct.gov/ctfluwatch](http://www.ct.gov/ctfluwatch)
- Contact CDC 24 hours/Everyday
  - 1-800-CDC-INFO (232-4636)
  - TTY: (888) 232-6348
  - [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)
- [www.hartford.gov/Human\\_Services](http://www.hartford.gov/Human_Services)



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**CITY OF HARTFORD  
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***PLAN AND BE PREPARED  
Stopping Germs at Home, Work  
and School***

# H1N1 PANDEMIC



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# PLAN AND PREPARE FOR PANDEMIC FLU

**The H1N1 Pandemic Flu** ( also known as the Swine Flu) is a viral infection like seasonal flu. The signs and symptoms of flu are: fever greater than 100°F or 37.8°C, cough, sore throat, body aches, vomiting, diarrhea, headache, chills and fatigue. Flu is spread from person to person in droplets from coughs and sneezes.



**Washing hands is the number one way to fight germs.**

If you become sick or have flu symptoms-**stay home, get plenty of rest and fluids.** Check with a health care provider as needed. **People sick with the flu need to stay home for an additional 24 hours after they no longer have a fever, or signs of a fever, without the use of fever-reducing medicines.**



## Tips to Protect against the FLU

- Cover your mouth when you cough or sneeze. If you don't have a tissue, sneeze in your sleeve **not** on your hands.
- Wash your hands frequently. Use an alcohol hand sanitizer if soap and water are not available.
- Don't touch your eyes, nose and mouth.
- Don't share items like: toothbrushes, eating utensils, cigarettes ,pens, pencils etc.
- Avoid contact with sick people. Have the sick person wear a mask when needed.
- Keep a distance of about **six feet** from someone who is sick.

## Plan and Prepare for FLU

Get the seasonal vaccine as recommended by your health care provider.

The pandemic (H1N1) flu vaccine is recommended for:

1. Pregnant women
2. People who live with or care for children less than 6 months of age
3. Healthcare and EMS Personnel
4. Persons 6 months to 24 years old
5. People 25 to 64 years old who have chronic medical conditions like asthma, diabetes or are immunocompromised or are the household contacts of someone who is immunocompromised.

## What to do if you get FLU

Generally healthy individuals will be directed to stay home, eat healthy, drink lots of clear fluids, and get plenty of rest. Take Tylenol or Ibuprofen for body aches, pain and fever.

Check with a health care provider as needed. They will give you the best advice if flu-like symptoms persist or become worse.



Ask your doctor about Tamiflu (oseltamivir) and Relenza (Zanamivir) ~ antiviral medications.

Flu virus can live up to 2-8 hrs on surfaces. Be sure to clean frequently especially sinks, door handles, desk tops, and common areas . Use chlorine, alcohol, iodophor or detergent products to clean surfaces.

Schools, shelters, detention centers, and congregate housing, should have Personal Protective Equipment (PPE) available (i.e. masks, gloves, etc.)

Remember the idea is to help prevent the spread of germs to others. So keeping your distance from others who are sick is important.